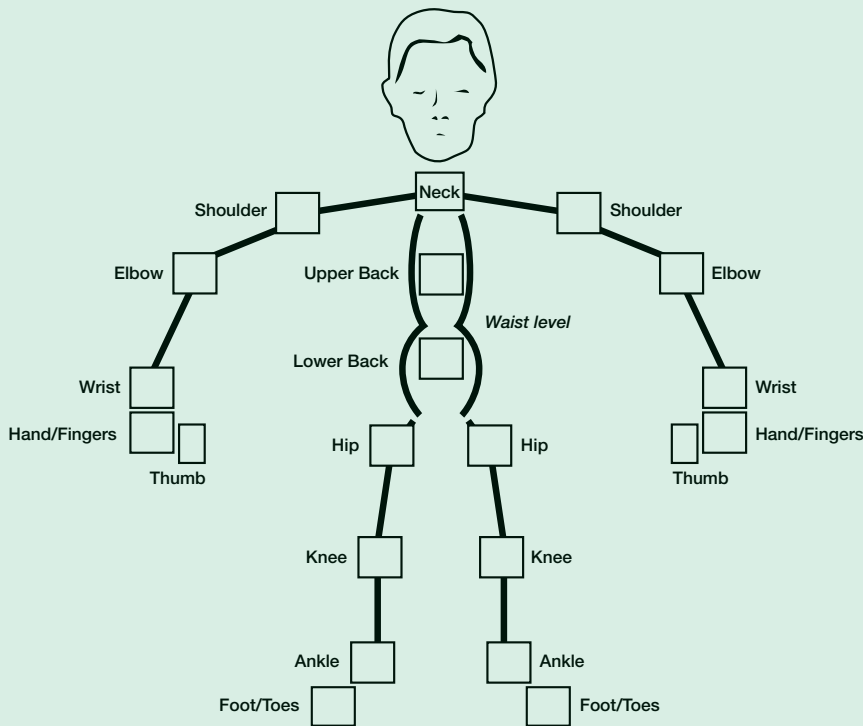


About PEST (Psoriasis Epidemiology Screening Tool)

Any patients with psoriasis who have not been diagnosed with PsA should have a PEST questionnaire annually.^{1,2}

A total score of 3 or more is indicative of psoriatic arthritis and patients should be referred to a rheumatology unit for further assessment.



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In the drawing, please ask the patient to tick the joints that have caused discomfort (i.e. stiff, swollen or painful joints).

Please ask your patients the questions below and score 1 point for each question answered 'Yes'.

- | | Yes | No |
|---|--------------------------|--------------------------|
| 1. Have you ever had a swollen joint (or joints)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Has a doctor ever told you that you have arthritis? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do your finger nails or toenails have holes or pits? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Have you had pain in your heel? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Have you had a finger or toe that was completely swollen and painful for no apparent reason? | <input type="checkbox"/> | <input type="checkbox"/> |

A total score of 3 or more out of 5 is positive and indicates the need for rheumatology follow up

Total /5

1. Scottish Intercollegiate Guidelines Network (SIGN). Diagnosis and management of psoriasis and psoriatic arthritis in adults. Edinburgh: SIGN; 2010.(SIGN publication no. 121). Available at:<http://www.sign.ac.uk>
2. Strohal R, et al. J Eur Acad Dermatol Venereol. 2014 Dec;28(12):1661-1669.